

Old Dragons on the Eightfold Path

Julie Püttgen

Month 2 (3/22/20): Wise Intention

*... leads neither to my own affliction, nor to the affliction of others, nor to the affliction of both.
fosters discernment, promotes lack of vexation, & leads to Unbinding.*

3 Parts of Wise Intention	In Practice...
Intention of renunciation: LETTING GO	<p>Letting go of craving & grasping, fearing & pushing away, controlling and denying. Letting go of the project of perfecting the self, its reputation, its environment, and its relations in the world. Letting go of the idea of a fixed and perfectible (or reprehensible) separate self as the center of the universe. Letting go of the idea that external material things can bring lasting happiness.</p> <p>Trungpa Rimpoche said: <i>Renunciation is realizing that nostalgia for samsara is full of shit.</i></p>
Intention of non-ill-will: LOVINGKINDNESS	<p>Consciously cultivating a mind of well-wishing towards all beings & towards oneself. Recognizing that intentions of lovingkindness open the heart, reduce suffering, and soften hard edges.</p> <p><i>May I/you be safe</i> <i>May I/you be happy</i> <i>May I/you be strong</i> <i>May I/you live at ease in well-being.</i></p>
Intention of non-harming: COMPASSION	<p>Consciously cultivating a mind that is compassionately attuned to suffering as a felt, embodied experience. Feeling the suffering of others, and one's own, exactly as it is, and transmuting it within a vast, open, tender heart.</p> <p><i>I know this pain.</i> <i>I feel this pain.</i> <i>May I and all beings be free from this pain.</i></p>